

LONDON

metro®

MISSION TO MARS

PART 3 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET DETAILS A FOUR-MONTH SOCIAL EXPERIMENT (IN HAWAII) DESIGNED TO SIMULATE LIFE ON MARS

PAGES 6 & 7



The not-so-amazing Spider-Man

The Real Guys weren't impressed with the franchise's newest offering. Use Metro AR to see a trailer.



PAGE 11

Tomorrow's trendy IT girl

Fanshawe event aims to bridge tech-sector gender gap

PAGE 2

What about London?

Promise of high-speed rail funding details for city missing from Ontario budget speech

PAGE 4



PLUS 2 x \$1 MILLION

MAXMILLIONS PRIZES

estimated



MAKE SOME NOISE FOR 4 COUNT

There were screams of excitement — yes, really screams — at Byron Southwood Public School when the band 4 Count made a surprise Thursday visit. It was all thanks to a tweet by London entertainer Saidat Vandenberg, who's pictured in front here with members of the band and students. Story on page 3. MIKE DONACHIE/METRO



Tonight's Jackpot

\$50 million

estimated

PLUS 2 x

\$1 MILLION

MAXMILLIONS PRIZES

estimated

LTC to add more time on streets

Stopgap measures.

Additional hours will still leave shortage, overcrowding, GM says



SCOTT TAYLOR

scott.taylor@metronews.ca

With increases in ridership outpacing service growth in the past 18 years, the city's transit service is struggling to keep its nose above water — and it's losing the fight.

Service complaints have spiked due to overcrowded buses, passengers left standing at stops, failure to stick to schedules and other issues, said Larry Ducharme, general manager of London Transit.

To help combat the problem, the transit commission has given a green light to adding 17,400 service hours on city streets this year — only a drop in the bucket toward what's needed to fix what Ducharme called a "mounting short-term problem."

"We know we've got a 200,000-hour deficit," he noted.

How to properly distribute the extra hours is addressed in a report Ducharme and other transit officials submitted to the commission this week.

The report identifies 16 areas critically in need of an im-

Transit complaints

- Route 13, Wellington Road: 254 complaints
- Route 17, Oxford West: 237 complaints
- Route 10, Wonderland: 231 complaints
- Route 2, Dundas: 224 complaints
- Route 4, Oxford East: 165 complaints

mediate service upgrade.

Addressing all areas would require the additional 200,000 service hours that are ultimately needed, but can't be footed in existing budgets, Ducharme said.

A decision on which areas will get attention this year could come at the transit commission's May 28 meeting.

He stressed that the report submitted this week makes no mention of changes engineered to increase ridership. It's simply needed to deal with existing riders. The service's ridership increase fell below expectations in 2013 — the first time that's happened since 1996.

Ducharme admitted poor service is scaring some people off the bus.

Arrests

Parents' complaint leads to child-porn charges against Mississauga pair

A Mississauga man and woman are facing several child-pornography charges after parents complained to London police that strangers were interacting inappropriately with their daughter on the Internet.

Officers from London and the Peel region took both 25-year-old Daniel Labutte and 21-year-old Sarah-Louise Ray into custody after searching their Mississauga home on April 25.

Charges against the pair include making child pornography, possession of child pornography and making child pornography available to a person believed to be a minor.

In an unrelated case, a 28-year-old man was arrested Tuesday following an online lure investigation by the London Police Service's Cyber Crime Unit.

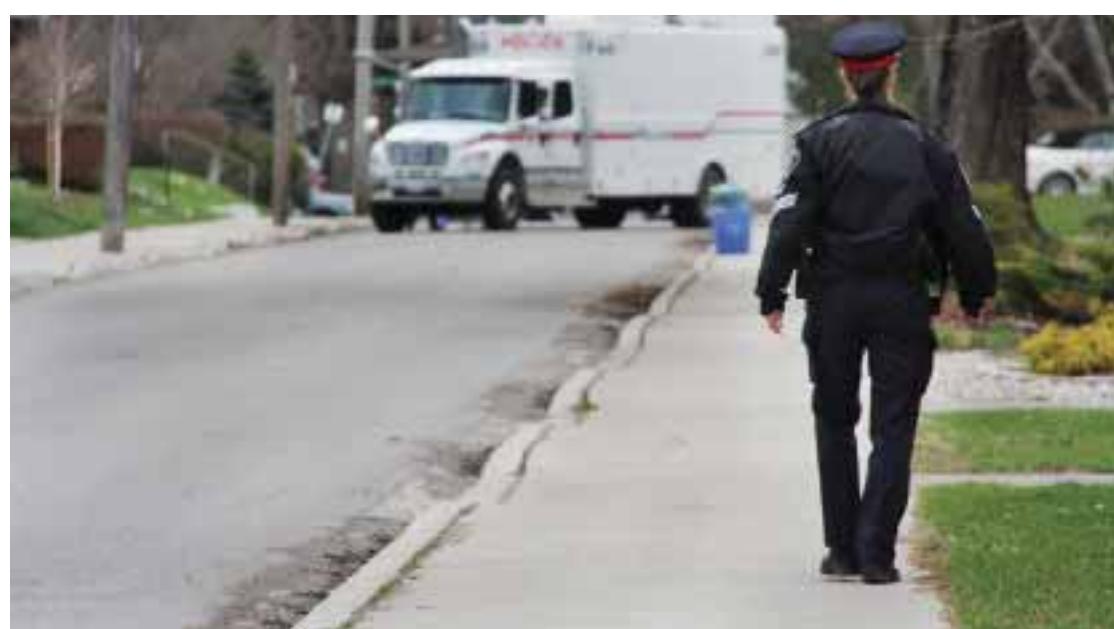
Marco Muscedere of London had posted an advertisement on a classified website saying he was looking for "an interaction" with a young female, police said.

He has been charged with three counts of telecommunication with a person believed to be younger than 16 for the purpose of Internet lure. METRO



On the web

For more local news, visit metronews.ca/london

**Emery Street gets the all-clear after morning bomb scare**

Streets were cordoned off and residents were told to stay in their homes Thursday on Emery Street east of Ridout after a suspicious package was discovered at about 8:30 a.m. Police were called in and a bomb disposal robot was used to investigate what one officer said appeared to be a camera with a timer attached to it. The device was not a threat to public safety, police said. Officers left the scene at about 1:30 p.m. SCOTT TAYLOR/METRO

Girls, use your head and shoulders to get into tech

Girls Rock I.T. Fanshawe event aims to expose young females to the possibility of careers in the technology fields



MIKE DONACHIE

mike.donachie@metronews.ca

Boys have been shouldering them out of the way for years, but these girls are being encouraged to push their way back in.

Women from 28 London-area companies across the IT sec-

tor are determined to change their industry, and their latest efforts took place Thursday.

Nearly 200 girls in Grades 7 and 8 were at Fanshawe College for Girls Rock I.T., a day designed to introduce them to tech careers.

"The purpose of the day is for them to be exposed to technology," said professor Debbie Gamracy, of Fanshawe's school of information technology. "We've had strong programs for many years with good enrolment and good prospects, but females are still only 10 per cent of the classes in 2014."

According to Gamracy, there are lots of reasons why IT

is male-dominated.

"Traditionally, in schools, the boys crowd around the computers and almost physically push the girls out of the way when they're younger," she said. But a push in the right direction can bring more women into the sector, she believes.

"We're focused on getting young women interested in IT," Gamracy continued. "Particularly before they go to high school, so they can start taking courses and preparing themselves."

"We want them to know it's an option for them. We want to make sure it's on their radar."

Lessons in technology

Activities at Thursday event included creating animated characters, making Flash animations with text and shapes and publishing them online, learning how professionals use Photoshop, and being introduced to code.

Changes in technology are also helping to engage girls, Gamracy explained.

The popularity of tablets and apps has meant games and other activities with a wider appeal than old-style video games.

Aeolian Hall. New exhibit to showcase various works by local artistic octet

Eight local artists are taking over Aeolian Hall in a new exhibit running May 14 to July 6.

A variety of pieces and styles will be on display from Hilda Markson-Gray, Anne McLean, Gail Jongkind, Barbara Ludgate, Jean Rosati, Catherine Goodmurphy, Susan Shurish and Dawn Crowhurst.

An opening reception is planned from 6:30 to 8:30 p.m. May 14 at Aeolian (795 Dundas St.). Gallery hours are 10 a.m. to 3 p.m. Monday to Friday.

A portion of proceeds from sales will benefit the Aeolian Hall Musical Arts Association. METRO

Artists invite Londoners to drop by their studios

Creative types are presenting a welcoming face to the public this weekend at the London Artists' Studio Tour.

It's the 21st year of the event, which lets Londoners meet artists in the spaces where they create their art. This year, there are 26 locations participating, touching

every corner of the city.

Mediums covered include textiles, jewelry, paintings, pottery and more, in galleries, studios and homes.

Visitors can find out about how art is made by questioning the artists themselves. But, in addition to serving as an introduction to art, the

tours give people the chance to buy pieces for their own homes.

The event includes an opening night at locations starting at 7 p.m. Friday. Spaces will also be open 10 a.m. to 5 p.m. Saturday and noon to 5 p.m. Sunday.

MIKE DONACHIE/METRO

Tweet for treat. 4 Count, music world's rising stars, visit London school

What's a tweet worth?

A great deal to the kids at Byron Southwood Public School, who got to meet some up-and-coming music stars on Thursday.

The members of 4 Count came to London after a tweet by local hip-hop artist and motivational speaker Saidat Vandenberg caught the eye of the band's manager, the rapper and TV star Nick Cannon.

Vandenberg took her inspirational message, which challenges kids to reject bullying, to the school a few weeks ago, and tweeted about the reaction to the 4 Count song Epic, which is featured in her show.

Cannon took notice, and called 4 Count, which hooked up with Vandenberg.

So the Saidat show returned to Byron Southwood and, partway through it, 4 Count walked on stage.

As well as performing their song, the band signed autographs for thrilled stu-

dents in Grades 4 to 8.

MIKE DONACHIE/METRO

4 Count

4 Count is the music industry's up-and-coming boy band, made up of four members

- The band began when brothers Adam and Kieran Ackerman were cast in a video for Nick Cannon's female group, School Gyrls. Aaron Scott and Ben Robinson make up the rest of the team.
- The group was taken under Nick Cannon's wing after their appearance on America's Got Talent with hip-hop duo New Boyz.
- Cannon directed the video for their breakout single, Good to be Bad.

Dance a little jig. Want to experience Irish culture? This is the event for you

Want to see the best of the best jigs, reels or maybe a hornpipe or two?

Then Stronach Arena is the place to be this weekend as it plays host to the 28th Annual Forest City Feis.

The Irish dance competition runs from 8:30 a.m. to 4:30 p.m. Saturday with London-area dancers taking

on talent from across Ontario and the United States.

Leaders of the event say interest is growing. They added that the competition has been expanded to include music and singing contests.

The goal is to introduce other aspects of Celtic culture in future years, they said. METRO



Running for the cure a third time

Fanshawe College basketball coach, personal trainer and tireless runner Theresa Carriere is at it again. As she's done twice already, she's planning to run 100 kilometres from Sarnia to London to raise money and awareness for breast cancer. Her past efforts have raised \$380,000. This year's run is on June 13. SCOTT TAYLOR/METRO

6 cancers added to job disease list

Job-related diseases.
Exposure to chemicals puts firefighters at risk



SCOTT TAYLOR

scott.taylor@metronews.ca

The Ontario government has added six types of cancers to the list of diseases presumed to be job-related for firefighters.

That, said London Professional Firefighters Association president John Hassan, means

a lot less worry for his men and women in the future.

Workplace protection already existed for eight types of cancer and heart disease thanks to legislation passed in 2007. The new regulations, announced this week, will make it easier for firefighters to qualify for benefits by reversing the burden of proof for those seeking coverage under the Workplace Safety and Insurance Act.

"If you ever unfortunately do develop one of the cancers, you got the care you need," Hassan said. "That's one less

stress.

"Everyone hears the 'C word' and worries about what they're going to do. This takes one thing off your plate and you can focus on getting better and getting back to work."

Firefighters were pleased with the 2007 list that includes brain, bladder and kidney cancers, but Hassan said unknown chemicals that could be present at every fire called for further additions.

"If you look at the work environment, we're exposed to thousands of different chemical combinations, and

Work-related cancers

- The cancers are now presumed work-related for firefighters are breast cancer, multiple myeloma and testicular.
- Prostate cancer, lung cancer and skin cancer will eventually be covered as they're phased in by 2017.

we're absorbing this stuff," he said.

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Ontario finance minister budget announcement silent on London

Infrastructure. No mention of high-speed rail, other big-ticket items in Ontario budget speech

Ontario Finance Minister Charles Sousa's whirlwind visit to London last month gave an impression the city might be a feature player in his 2014 spending plan.

By the time the plan was an-

Targeting teens

Tanning-bed law takes effect

The provincial law that bans teens from tanning beds took effect Thursday, and the Middlesex-London Health Unit is prepared to investigate alleged rule breakers.

Under the law, tanning bed operators must ask for identification from anyone who appears to be younger than 25 years old. They must also post signs "that outline the dangerous health effects of artificial tanning" and are prohibited from advertising services to anyone younger than 18, the health unit says.

According to Linda Stobo, the health unit's chronic disease prevention and tobacco control manager, there is no such thing as a "safe tan," regardless of age.

"A tan is a sign of skin damage and it puts you at an increased risk of developing skin cancer," she says. "The bulk of most people's lifetime exposure of ultraviolet radiation happens during childhood and adolescence, which makes it all the more critical for them to avoid any additional exposure from artificial tanning equipment."

According to the World Health Organization's International Agency for Research on Cancer, the risk of skin cancer, particularly melanoma, increases by 75 per cent when tanning beds are used prior to the age of 35.

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nounced Thursday at Queen's Park, the Forest City had been left on the cutting room floor.

Other cities were mentioned, but Londoners who didn't catch Sousa's speech can rest easy knowing they didn't miss much.

Details of a high-speed rail line linking London to Kitchener-Waterloo and Toronto weren't mentioned. Sousa did say \$29 billion would be spent over 10 years for public transit, roads, bridges and infrastructure — about \$15 billion of it

for the Greater Toronto and Hamilton areas.

Sousa's message was heavy on incentives for low-income earners, students and health care.

During his April visit, the minister talked about London becoming a key supplier to the so-called Ring of Fire, located about 500 kilometres north of Thunder Bay. At the time, he said laid-off Electro-Motive Diesel workers could play an important role in opening up a direct shipping channel to the

At a glance

- **Ontario budget winners:** Business, hospital patients, students, the construction sector, low-income workers.
- **Ontario budget losers:** High-income earners, smokers, airlines, public-sector workers.

area, which is believed to contain one of the largest chromite deposits in the world.

The Ring was in Thursday, but London workers were not.

Much of the money for the

\$130.4 billion budget will come from a tax hike on smokers and high-income earners.

The Conservatives have said they won't support the plan. That means the fate of the

budget, and the minority Liberal government as a whole, rests in the hands of the NDP, which didn't show up for Sousa's presentation and is reserving comment until Friday.

TD deputy chief economist Derek Burleton was left underwhelmed. "Despite all the frenzy of spending announcements that have hit the waves in recent weeks, it's remarkably similar to last year's budget plan," he said.

SCOTT TAYLOR/METRO
WITH FILES FROM THE CANADIAN PRESS



Community CarShare parks in London

Community CarShare is now firmly parked in London, after its official launch Thursday. The new co-op, which lets members book out its Toyotas for low-cost, environmentally friendly use, has three parking spots — each with a car — downtown but is looking to expand. Visit communitycarshare.ca for more information. Pictured is executive director Janet MacLeod during the launch at Covent Garden Market. MIKE DONACHIE/METRO

Awarded. Local man honoured for tackling mental health issues

Seven years ago, Brett Batten was in hospital living under the tight grip of mental illness.

Before that, the Londoner spent three years in jail despite being found not criminally responsible for his actions after a mental health assessment.

Now, Batten — who's wrestled with mental illness since he was teen — is being honoured at the national level for his recovery and efforts to help others.

He'll be in Ottawa next week to receive a Champion of Mental Health Award for his advocacy work in the community. The awards, presented by the Canadian Alliance on Mental Illness and Mental Health, recognize individuals, organizations, public servants and others dedicated to fighting stigma and campaigning for better policies.

Batten was nominated by leaders at St. Joseph's Health Care London. It was in the hos-



Brett Batten
COURTESY OF ST. JOSEPH'S HEALTH CARE

pital's forensic psychiatry program that he was encouraged to make advocacy part of his recovery.

From that, Batten took on public speaking, presenting his story to groups including schools, hospitals, legislators and detention centres with a special focus on increasing awareness about mental health care in the legal system.

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Mum. School board still quiet on Lorne Ave. school

There's been no reply from the Thames Valley District School Board to the mayor's last-minute attempt to save Lorne Avenue Public School.

Mayor Joe Fontana's request for an extra 30 days to find ways to share the building and keep the school open has been "noted," a spokeswoman said.

The comment came Thursday as board chair Ruth Tisdale was unavailable to speak

to the media for a second consecutive day.

The school will now close on June 30, 2015, as agreed by school board trustees, unless another avenue opens.

This week has been turbulent for the east London school, which would have been saved if partners could have found a way to share the building by midnight Wednesday.

MIKE DONACHIE/METRO

Sparks fly over Tories' electoral reform bill

Fair Elections Act.

Proposed changes to law will cause hundreds of thousands to lose right to vote, critics charge

The Conservative bill to tighten up election laws is in the final stages of review at a House of Commons committee, and things are getting ugly.

After long hours of scrutiny of the Fair Elections Act's many clauses, only two technical amendments by the opposition had been approved by Thursday afternoon.

New Democrat MP David Christopherson's frustration boiled over when the committee rejected a proposal to ensure voter information cards are marked prominently to indicate they are not considered valid ID.

The proposed Act has eliminated the cards as a fall-back ID for voters who discover they don't have the right documents when they show up to vote.

"We know, and Canadians

Among the bill's provisions

- Voters who come to polls without documents can't use voter information cards as fall-back ID.
- New limitations are proposed on citizens vouching for the identity of others.

know, that this is all about trying to get the fix in for the Conservatives in every way they can, and that voter suppression is alive and well in the government of Canada," said Christopherson.

The Conservatives countered that the chief electoral officer already has authority over the markings on voter identification cards, and the NDP amendment was not needed.

The opposition has argued that hundreds of thousands of voters, including First Nations, the homeless and students, will be disenfranchised by eliminating the use of the voter cards, as well as by new limitations on citizens vouching for the identity of others. **THE CANADIAN PRESS**



To serve – and be protected

Ranger, part of the canine unit of the Lakewood Police Department in Washington, wears a protective vest donated by a Massachusetts charity called Vested Interest in K9s, which has donated vests to several police agencies.

THE ASSOCIATED PRESS/LAKWOOD POLICE DEPARTMENT

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Man vs. environment

"The reality is that you can take the best people in the world and — after a long period of time — things will start to slowly break down because people are unhappy with the environment..."

Robotics engineer Simon Engler



Calgarian Simon Engler is pictured in Hawaii during a 2013 NASA-funded Mars simulation. Researchers used the spaceflight dress rehearsal to study physical and culinary challenges. Engler is now helping out with a similar follow-up exercise. COURTESY OF DR. SIAN PROCTOR

Bringing Mars down to Earth

Simulation. Former U of C PhD student chosen as one of the guinea pigs to test problems with inter-planetary exploration ... in Hawaii

 **BRYAN WEISMILLER**
Metro in Calgary

Robotics engineer Simon Engler has survived the rigors of a Mars mission without ever setting his space boots down on the Red Planet.

As part of a NASA-funded simulation, Engler hunkered down inside a two-storey dome on the northern slope of the Mauna Loa volcano. There, he and his fellow guinea pigs encountered "red-flag problems" related to inter-planetary exploration.

The HI-SEAS crew battled bouts of separation anxiety, yucky pre-packaged diets and stinky feet during the four-month social experiment staged on a barren lava field. It explored the emotional strain of being isolated for months or years at a time, with others.

"It's not a normal environment for a human to live in for a long period of time," Engler told Metro. "The reality is that

you can take the best people in the world and — after a long period of time — things will start to slowly break down because people are unhappy with the environment.

"NASA really needs to know how to mitigate it before they actually take this mission."

Life on Hawaii's Big Island may sound like reality TV. But don't tell that to Engler, who sloughs off the much-publicized Mars One project for its "questionable financial responsibilities."

Engler, who at the time was a PhD student at the University of Calgary, says he pitched a robotic companion project as part of the application process for HI-SEAS, and was chosen from a pool of 700 applicants.

He describes his colleagues

as brainy, "astronaut-like" folks who specialize in fields such as nanotechnology, geology and physics. They were a mixed bag of Type-A and Type-B personalities, which was supposedly the right mix during the dress rehearsals.

"If you have a balance between personality types then things will work out in the long run," said Engler, who is now helping out with Round 2 of the Mars simulation.

People problems aside, human settlers will also need to contend with supremely harsh environmental conditions on the freeze-dried planet. Hyper-arid soil, wicked dust storms and seasonal geysers provide formidable challenges.

The average temperature hangs around -53 C, although

lows can be twice as chilly, according to the Canadian Space Agency. And spacesuits are needed to prevent the astronauts' skin and lungs from exploding due to low air pressure.

Finding water remains another massive hurdle for many researchers, as it's deemed a key indicator to whether the planet is hospitable to life.

"You're unlikely to find flowing water on the surface unless it was salt-rich. But even then it would be incredibly rare," said Chris Hugenholtz from the U of C. "That water's going to have to come from underground."

He noted there's plenty of evidence of "water-ice", or water in the form of ice, in the polar caps. But thirsty space explorers will also have to keep an eye out for spectacular geysers, which stem from a build-up of carbon dioxide gas below the south polar ice sheet. The jet-like eruptions are known to spew sand and dust hundreds of feet into the air.

Dust devils are known to blanket the entire planet over days, which Hugenholtz noted could impede space crews' solar-powered gear.

"There are some bizarre things occurring on the surface that they're going to have to deal with if they're in those more polar regions of Mars looking for water," he said.



Located at about 8,000 feet elevation, the Mars-like HI-SEAS habitat was free of cultural norms, endangered species and lush greenery. It featured a two-storey dome, enclosing a volume of 13,570 cubic feet. COURTESY OF DR. SIAN PROCTOR

Earth to Mars



Veronica Ann Zabala-Alberto, right, from Arizona State University and Hugh Gregory, of Hanksville, Utah. The research station based in the Utah desert is sponsored by the groups a year that man the station for one to two weeks at a time. GETTY IMAGES

ers

Mission to Mars: Day 3

• Online: Go to metronews.ca for a photo gallery of the 2013 NASA-funded Mars simulation

A human expedition to Mars is proposed within the next 15 years. In the meantime, there are programs in place that attempt to recreate the conditions of the Red Planet. For Day 3 of our feature, Metro spoke with a guinea pig about his 'mission' and a professor about possible governance in deep space



a space-flight historian, ride their ATVs on an exploration trip near the Mars Desert Research Station several miles northwest of Hanksville, Utah. The station is used for scientific research and practice for a manned mission to Mars in the future. There are several

LIVING UNDER MARTIAN LAW

Move over, Martians — humans are coming to town.

But how would early space crusaders organize after putting footprints on the Red Planet? Paul Fairie, who teaches municipal governance at the University of Calgary, was nice enough to play along and offer some realpolitik answers to hypothetical questions:

METRO: Do the first Mars occupiers need to establish a local government? What have we learned from Lord of the Flies?

PF: If the first settlers were all initially astronauts and therefore mostly from a military background, there probably wouldn't be a need for local government right away, since they'd have a chain of command in place already. However, once a generation or two had passed and the population was no longer primarily military, I'd expect that they'd want to establish a local government to take care of basic local needs that couldn't just be completely dictated from Earth, like the fair distribution of resources and making sure society is functional. Otherwise, the colony would run the risk of being completely dictatorial, with us Earth-bound humans dictating laws to second- and third-generation Martians.

METRO: What's the best type of governing structure for this situation? Plutocracy?

PF: I imagine something of a two-stage process. First, a proper non-democracy where military ranks dictated who had power. This would work well with a small group of military-trained astronauts. After a while, we'd probably see



HI-SEAS crew engineer Simon Engler used the Husky robot while testing machine operation in bulky spacesuits. He also explored how robotic companions ease loneliness. COURTESY OF DR. YAJAIRA SIERRA-SASTRE

the need for a local government for self-regulatory matters. At this point, we'd probably have a democracy — luckily the settlers would have the benefit of hindsight. What would be really exciting here is that the form the government could take would be quite unpredictable, because they would have the rare opportunity to make a completely new government.

METRO: How should Mars residents be taxed? Would an Alberta-style flat tax be an alien concept?

PF: Taxation would be a tricky one for a while since most of the resources will

have to be brought in from Earth. If they were using an Earthling currency, would they be buying products and services from each other? Would they create their own currency? If so, how would they decide the initial allotment of funds? At least until the colony was big enough, I'd have to imagine a bartering economy would spring up for basic goods and services ("I'll trade you a hair cut for some Martian key lime pie."), and perhaps a social obligation to contribute some labour to the settlement might spring up before a currency economy would.

**BRYAN WEISMILLER/
METRO IN CALGARY**

Ford silent as he heads to rehab

'He's a broken man.' But mayor will apparently remain in the running for October's election

Mayor Rob Ford left home Thursday, hours after announcing plans to take leave to deal with his substance-abuse problems amid a triple dose of scandalizing revelations that have raised further questions about his fitness for office.

Confronted with reports of a recent video showing him allegedly smoking crack cocaine, an audio recording of the mayor spewing profanities and making lewd comments about a fellow mayoral contender, and witness accounts of him snorting cocaine at a city nightclub, Ford said he would be seeking "immediate help."

"He's a broken man. He's got a lot of demons," Ford's lawyer Dennis Morris told The Canadian Press. "He realizes that he's not well and in need

Down, but not out

- Despite his announced leave from both the mayor's office and his re-election campaign, Ford will apparently remain in the running for October's municipal vote.
- Deputy Mayor Norm Kelly, who has been doing most of Ford's job since council stripped him of most of his mayoral duties last year, has been left firmly in charge.

of help. He's just running off the rails. That's something he now appreciates."

Ford did not speak to reporters in front of his home as he left in a two-car convoy Thursday morning.

A private plane flew him to Chicago, Global TV reported, while CBC cited his brother as saying Ford would be spending 30 days at an unspecified addictions facility.

At a news conference Thursday, an emotional Doug



Toronto Mayor Rob Ford leaves his home early Thursday. After maintaining for months he is not an addict or an alcoholic, Ford announced Wednesday he is seeking help for substance abuse. FRANK GUNN/THE CANADIAN PRESS



Mayoral candidate Karen Stintz reads from a prepared statement regarding the latest Rob Ford allegations at city hall in Toronto on Thursday. DARREN CALABRESE/THE CANADIAN PRESS

Ford said facing your problems and deciding to seek help is not easy. "I told Rob that everyone knows someone who has faced these challenges and I know they will wish him well and a speedy recovery," he said.

The scandal-plagued mayor's latest woes began late Wednesday, with a trio of

damaging newspaper reports. The Globe and Mail said a drug dealer had shown a drug dealer video of Ford allegedly smoking what was said to be crack in the basement of his sister's home early Saturday morning.

Then, in an audio recording from a bar obtained by the Toronto Sun, Ford is heard

making anti-gay remarks, using an offensive ethnic slur, and saying he would like to "jam" rival candidate Karen Stintz.

In a third report, the Toronto Star published details of "two nights of utter debauchery" involving Ford at a Toronto nightclub a few weeks ago.

THE CANADIAN PRESS



Toronto Mayor Rob Ford with what appears to be a pipe. GAWKER.COM

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Sure, I'll move... for a 20% raise

Oh, plus ... all moving expenses and a \$100,000 non-taxable, interest-free loan

A new survey suggests fewer than half of Canadians are willing to move for employment opportunities.

The survey, conducted by Ipsos Reid for the Canadian Employee Relocation Council, asked more than 2,000 Canadians whether they'd move either within their provinces or to other parts of the country for a job.

Only 10 per cent of respondents indicated an eagerness to move, while a third said they could be persuaded for the right job and the right incentives.

The top incentive selected by those respondents who said they would consider a move to another part of the country is a 20 per cent raise in pay, plus all moving

expenses being covered by the employer.

Almost half said employers should also be allowed to provide non-taxable, interest-free loans of up to \$100,000 for the purchase of a home in the new location.

THE CANADIAN PRESS

Market Minute

DOLLAR
91.23¢ (-0.01¢)

TSX
14,644.07 (+12.20)

OIL
\$99.42 US (-\$0.32)

GOLD
\$1,283.40 US (-\$12.50)

Natural gas: \$4.72 US (-\$0.08)
Dow Jones: 16,558.87 (-21.97)

Financial system

Banks still paranoid about pot in Colorado

A Colorado plan to set up the world's first financial system for marijuana has cleared its first hurdle in the state Legislature, despite deep reservations from supporters that the plan will work.

THE ASSOCIATED PRESS

Shoppers Drug Mart

Buy some bananas while you refill your pills

The head of Canada's largest grocer wants you to imagine picking up a hot sandwich, a bunch of bananas and a pair of Joe Fresh earrings while you wait for a prescription at Shoppers Drug Mart.

THE CANADIAN PRESS



A pedestrian walks past the Loblaws grocery store and Joe Fresh outlet in Toronto Thursday. THE CANADIAN PRESS

Cigarette promotion

Flashlights handed out at Marlboro promo recalled

About 365,000 multi-use flashlights distributed during a cigarette promotion are being recalled due to a fire hazard that can occur when matches inside the device ignite.

THE ASSOCIATED PRESS

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BROOKLYN, WE GO HARD

1 Racism gets a smack down. Sacramento Mayor Kevin Johnson called it "a defining moment in history" and Al Sharpton "a bold and historic move." Just months into his new role as NBA Commissioner, Adam Silver cemented his legacy already by banning LA Clippers owner Donald Sterling from the league after his racist remarks.

2 Selfie with Jim Carrey. When the A-list actor landed at Peterborough Airport Friday, he showed his down to earth side, posing in pictures on the tarmac with a bunch of high school students and in a selfie tweeted by student Zach Premane. The only thing that would have made it more epic is if Jerry Seinfeld was in the pic, too—he was in Peterborough a day later at the same airport.

3 Runaway blimp. It was the talk of the town this week as a two-storey, 21-metre-long Budweiser blimp in the shape of a hockey goal light broke loose from its tether in Saint John, N.B. Yep, this



THE METRO LIST

Neil Morton

metronews.ca

must have been a tricky one for Transport Canada, who was in hot (air?) pursuit. The blimp eventually landed in the woods northeast of the city, no doubt feeling a bit deflated.

4 Let's go Raptors. Coming off their first road playoff victory in 13 years in Brooklyn, the Raptors took care of business at home in a nail-biter Wednesday night, and now can close things out in Game 6 Friday in Brooklyn. Everything is on the line for an amazing, courageous team having a Cinderella season.

5 Stop making sense. Parks Canada announced plans to install Wi-Fi hotspots in up to 50 parks this year. So next time you're enjoying some solitude in the woods, you can stop and tell the world on Twitter, Instagram, Facebook and

6 National Canadian Film Day. REEL Canada had a novel idea: to do a National Canadian Film Day to draw attention to all the

amazing films being made in this country. So Wednesday, people took to social media to talk about homegrown cinematic gems using the hashtag #CANFILMDAY. Beautiful thing. My fave two: Meatballs and The Sweet Hereafter.

7 Another one bites the Cyber Dust. Hailed as the Snapchat of words, the Cyber Dust app allows you to send a message to someone that will disappear forever 30 seconds after being opened by the recipient. Yes, you are now the James Bond of texting. Go wild.

8 Superhero supermovie. Awesome superhero fun, as Warner Bros. studio announced plans to make a Justice League movie. Superman, Batman, Wonder Woman, Aquaman, Flash and Green Lantern together in one movie? My goodness, I'm in superhero heaven.

9 RoFo back on the crack? Twitter blew up after Ford was caught on tape again allegedly smoking crack cocaine. He has announced a leave of absence from his duties as mayor to get treatment for his addiction. May this be his rock bottom, so he finally gets the real help he needs.

ZOOM

He's got a need for Speed



Helped by a Kickstarter campaign, Ryan Beitz, in addition to trying to get his hands on every VHS copy of Speed known to humankind, is also aiming to transform an old van into a replica of the original bomb-rigged bus. CONTRIBUTED

Q&A

Man tries to collect every VHS copy of '90s classic

Twenty-six-year-old Ryan Beitz is a collector of sorts: He aims to own every VHS copy of the 1994 classic Speed. So stirring is Beitz's pointless task that it compelled the movie's screenwriter Graham Yost to use these touching words: "Other than world peace and ending hunger, I can think

of no greater cause than what this one brave and visionary man has embarked upon." The great feat doesn't end there, though. Metro chats to the zany collector about The World Speed Project:

Obviously what you're doing is a waste of time, so why are you so committed? There's no real good reason for it. I'm dedicated only because it's totally pointless and stupid. I'm totally dedicated to the uselessness if it.

Does it annoy you that people are trying to sabotage your goal by holding onto copies? People can try to

thwart me but they are going to die and then I'll have my copy.

Any words for the haters? I would say to them keep doing it because whether you love or hate the World Speed Project but especially if you hate it, you're a part of it.

Do you play each copy to check it works? No, definitely not, but I did at first. Actually it paid off this one time because there was a copy of the Flintstones that was in a Speed case with the Speed label. But I figured that one out and I'll find that other copy.

METRO

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MetroTube

May every traffic delay be this cute



ANDREW FIFIELD

metronews.ca

Among the things that add tedium to the absurd commuting times in some of our larger cities is that they tend to be caused by similar snafus. A blown tire. A fender bender. Every now and again an overturned truck of marbles or bees will spice things up a bit.

What we never get is a gang of adorable lion cubs and their watchful lionesses waking up after a long snooze on a stretch of sun-heated asphalt. For that kind of delay, you're going to need your daily commute to take you through South Africa's Kruger National Park, which we assume is named after the claws



SCREENGRAB

of those who live there.
(Via Barcroft TV)

Spinning the same old story

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



The Amazing Spider-Man 2 is a rehash of the origin story. CONTRIBUTED

The Amazing Spider-Man 2.

Franchise needs a more exciting story to keep the Reel Guys caught in its web

Richard: Mark, at two-and-a-half hours, the new Spider-Man movie is almost equal parts action and story.

The first 15 minutes contains not one, but two wild action sequences that'll make your eyeballs dance.

If you haven't had your fill of special effects for the week, your thirst will be quenched early on.

Then the onslaught of story begins.

Jammed packed with plot, bad guys and lots and lots of moony-eyed love, it's the busiest superhero movie in recent memory.

Did you get caught up in the film's web?

Mark: No, Richard, the movie got caught in its own web. Too much of the film is like the last one, which was very good, but do we need to rehash the origin story yet again?

The action sequences are good, and they'd better be, because the plot and characters are feeling kind of tired by now.

Not that there aren't good

things in the movie.

I liked Jamie Foxx's villain, who was sadly sympathetic in a Frankenstein kind of way. And Dane DeHaan, as tortured Oscorp heir Harry Osborn, has the best scenes in the picture, with an otherworldly look that reminded me of a British fascist circa 1936 or Tilda Swinton's illegitimate son; I'm not sure which.

RC: I thought he kind of looks like the Evil Annoying

Synopsis

Fresh out of high school, Peter Parker (Andrew Garfield) is being pulled in two different directions. He loves Gwen Stacy (Emma Stone) but is troubled by a promise he made to her late father (Dennis Leary) that he would never let anything bad happen to her. Meanwhile, Peter's old friend Harry Osborn (Dane De Haan), heir to the Oscorp fortune, is battling a hereditary disease he thinks can be cured with a dose of Spider-Man's blood and Max Dillon (Jamie Foxx), a low level Oscorp electrical engineer, has an accident that rewrites him into Electro, a villain with the power to control electricity.

• Richard: •••••

• Mark: •••••

2
SCENE

Orange with a better haircut. To each his own.

He does have some of the best scenes in the film, and this is a movie with several well-crafted dramatic moments. Too bad most of them feel like they're lifted from another movie and dropped in as placeholders for the action sequences.

Peter Parker is shedding tears over his love life one minute, swinging on webby vines the next.

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2012 Civic DX - 45,500Km (E0374A) \$12,500⁰⁰

2012 Civic LX - 38,319Km (UC2168) \$15,300⁰⁰
2011 CR-V EX-L - 71,711Km (E0319A) \$23,000⁰⁰
2010 Civic Sport - 35,781Km (UC2205) \$15,000⁰⁰
2013 Odyssey Touring - 38,813Km (E0305A) \$41,000⁰⁰
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2012 Civic LX - 58,246Km (D0379A) \$15,000⁰⁰
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Mystery/Drama



Bethlehem

Director: Yuval Adler

Stars: Tsahi Halevi,
Shadi Mar'i

Bethlehem tells the story of the complex relationship between an Israeli Secret Service officer and his teenage Palestinian informant. Shuttling back and forth between conflicting points of view, the film is a raw portrayal of characters torn apart by competing loyalties and impossible moral dilemmas, giving an unparalleled glimpse into the dark and fascinating world of human intelligence.

Rotten Tomatoes™ score
 Critics: 78% Audience: 80%

Fed Up. New documentary compares processed food business to the tobacco industry

STEVE
GOW
scene@metronews.ca

The women behind the documentary Fed Up really hope to do for the food movement what An Inconvenient Truth did for climate change. And they may just achieve it.

"This is the whole plan of Fed Up," said Oscar-winning producer Laurie David, who, not so coincidentally, also produced An Inconvenient Truth.

"There are solutions that you can take as an individual. (We don't need) governments to start talking (about eating healthy). The fridge is right in your kitchen."



Fed Up opens next Friday in Toronto. CONTRIBUTED

A comprehensive and provocative look at the stirring reasons behind America's obesity crisis, Fed Up targets the misinformation being spooned out by the food industry (most nota-

bly the sugar producers) and how our children are doomed with diabetes and shorter lifespans because of it.

In fact, the rise against processed foods truly echoes

the movement against cigarettes from decades ago.

"That's the underlying premise of the film — put real information in front of people so that all of us as citizens have perspective

not shaped by the food industry," said co-producer Heather Reisman, comparing the one-time positive spin of smoking by cigarette marketers.

"Like all businesses, (a food company's) job is to keep growing, keep getting bigger and to do that they're trying to get people addicted to what they're doing."

While the Katie Couric-narrated documentary uncovers heartbreakingly true-life struggles and debunks the myths about diet and exercise fads, what the filmmakers truly hope Fed Up does is initiate personal action as well as create a stigma against celebrities selling sugar to kids.

"If soda is the tobacco of our generation then Beyoncé is the Marlboro Man," said director Stephanie Soechtig of the celebrity cola spokesperson.

"We need to have that same shame attached to it because she is endorsing a product that is killing kids."

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2551 Wilton Grove Rd.

The Amazing Spider-Man 2 (PG) Fri-Sun 8:50-Tue 8:50 Thu 8:50
Draft Day (PG) Sun 10:30 Tue 10:30 Thu 10:30
Heaven Is for Real (PG) Fri-Sun 11:10 Tue 11:10 Thu 11:10
No Films Showing Today (STC) Mon Wed
The Other Woman (STC) Fri-Sat 10:25 Sun 8:50 Tue 8:50 Thu 8:50
Rio 2 (G) Fri-Sat 8:45

Hyland Cinema
240 Wharncliffe Road South

Bethlehem (14A) Fri 9:05 Sat 5 Sun 9 Mon 3 Tue-Wed 9 Thu 7
Draft Day (PG) Fri 7 Sat 9 Sun-Mon 6:55 Tue 2:55 Wed 1 Thu 9
The Face of Love (PG) Fri 1-5 Sat 3-7 Sun 1-5 Mon 5-9 Tue 1-7 Wed 3:05-7 Thu 1-5
Philomena (PG) Fri 3 Sat 1 Sun 3 Mon 1 Tue-Wed 5 Thu 3

Rainbow Cinemas London
355 Wellington St.

The Amazing Spider-Man 2 (PG) No Passes Fri-Thu 1-3:50-7:945
Bears (G) Fri-Thu 1:05-3:6:50
Captain America: The Winter Soldier (PG) Fri-Thu 12:55-3:45-6:55-9:40
The Grand Budapest Hotel (14A) Fri-Thu 1:15-3:30-7:15-9:30
Heaven Is for Real (PG) Fri-Thu 12:50-3:20-7:05-9:25
Neighbors (18A) Thu 8
The Other Woman (STC) No Passes Fri-Thu 1:10-3:40-7:10-9:35
Rio 2 (G) Fri-Wed 1-3:25-6:45-9 Thu 1-3:25
Transcendence (PG) Fri-Thu 9:20

Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Noah (14A) Fri-Thu 7

Wellington 8 Cinemas 983 Wellington Rd. S,

The Amazing Spider-Man 2 (PG) Fri 7 Sat-Sun 12:20-7 Mon-Wed 6:30 Thu 6:30-7
The Amazing Spider-Man 2 3D (PG) Fri 6:45-10-10:15 Sat-Sun 12:3-15-3:40-6:45-10-10:15 Mon-Thu 6:50-9:45-10
Bears (G) Fri 7:10 Sat-Sun 12:10-3-7:10 Mon-Thu 7:10
Brick Mansions (PG) Fri 7:15-9:45 Sat-Sun 12:45-3-10-7:15-9:45 Mon-Wed 7:15-9:30
Captain America: The Winter Soldier (PG) Fri 6:30-9:30 Sat-Sun 12:30-6:30-9:30 Mon-Thu 6:45-9:40 Sat-Sun 3:30
Neighbors (18A) Thu 9:50
The Other Woman (STC) Fri 6:50-9:50 Sat-Sun 12:40-3:35-6:50-9:50 Mon-Thu 7:50-9:50

The Quiet Ones (14A) Fri 7:20 Sat-Sun 1:10-3:45-7:20 Mon-Thu 7:20
Rio 2 (G) Sat-Sun 3:20
Rio 2 3D (G) Fri 6:40-9:20 Sat-Sun 12:50-6:40-9:20 Mon-Thu 6:40-9:20
Trailer Park Boys: Don't Legalize It (14A) Fri-Sun 10:10 Mon-Wed 9:55
Transcendence (PG) Fri-Thu 9:35

Cineplex Odeon Westmount & VIP Cinemas
755 Wonderland Road South

The Amazing Spider-Man 2 (PG) No Passes Fri 6-9:25 No Passes Sat-Sun 2:40-6:9:25 No Passes Mon 7:45 No Passes Tue 6:9:25 No Passes Wed-Thu 7:45 Star & Strollers Screening, No Passes Wed 1



The Other Woman CONTRIBUTED

The Amazing Spider-Man 2 3D (PG) No Passes Fri 3:15-6:30-9:55 No Passes Sat 12-3:15-6:30-9:55 No Passes Sun 12-3:15-6:30-9:55 No Passes Mon 6:30-9:45 No Passes Tue 3:15-6:30-9:55 No Passes Wed 1:20-6:30-9:45 No Passes Thu 6:30-9:45 No Passes Fri 3:50-7:10-10:30 No Passes Sat 12:30-3:50-7:10-10:25 No Passes Sun 12:30-3:50-7:10-10:25 No Passes Mon 7-10:15 No Passes Tue 3:45-7-10:15 No Passes Wed-Thu 7-10:15 No Passes Fri 3:30-4:30-6:40-7:40-9:50-10:50 No Passes Sat 12:20-1:20-3:30-4:30-6:40-7:40-9:50-10:50 No Passes Sun 12:20-1:20-3:30-4:30-6:40-7:40-9:50-10:50 No Passes Mon 7:30-8:30 No Passes Tue 3:30-4-6:40-7:10-9:50-10:20 No Passes Wed-Thu 7:30-8:30

Captain America: The Winter Soldier (PG) Sat-Sun 12:40
Captain America: The Winter Soldier 3D (PG) Fri 3:40-6:50-10 Sat-Sun 3:45-7-10:10 Mon 6:40-9:45 Tue 3:40-6:50-10:30 No Passes Sat 12:30-1:45-3:45-5:05-7-8:15-10:30 No Passes Sun 12:20-1:45-3:35-5:05-6:50-8:15-10:05 No Passes Mon 12:15-1:30-3:30-4:45-6:45-8-10 No Passes Tue 12:15-2:30-3:30-5:45-6:45-9-10 No Passes Wed-Thu 12:15-2:30-3:30-5:45-6:45-9-9:55
Divergent (PG) Fri 10 Sat-Sun 10:20 Mon 9:25 Tue 10 Wed-Thu 9:25
God's Not Dead (PG) Fri 4:55-7:40-10:25 Sat-Sun 12:20-1:45-3:35-5:05-6:50-8:15-10:05 No Passes Mon 12:15-1:30-3:30-4:45-6:45-8-10 No Passes Tue 12:15-2:30-3:30-5:45-6:45-9-10 No Passes Wed-Thu 12:15-2:30-3:30-5:45-6:45-9-9:55
Transcendence (PG) Fri 4:20-6:45 Mon 12:40-4:20 Tue 12:40-4:10-6:05 Wed-Thu 12:40-4:20-7:05
Brick Mansions (PG) Fri 1:30-4:50-7:35-10:15 Sat 1:30-4:50-7:35-10:15 Sun 1:30-4:50-7:35-10:15
Captain America: The Winter Soldier (PG) Fri 1:30-4:50-7:35-10:15 Tue 1:30-4:50-7:35-10:15
Captain America: The Winter Soldier 3D (PG) Fri 4:15-7:15-10:20 Sat 4:15-7:15-8:40 Sun 4:15-7:15-10:20 Mon 4:15-7:20-10:20 Tue 4:15-7:20-9:20 Wed 4:15-7:20-10:20 Thu 4:15-7:20-9:30
Divergent (PG) Fri-Sat 1:05-4:10-7:40-10:30 Sun 1:05-4:10-9:30 Mon-Tue 1:05-4:10-7:40-10:30 Wed 1:05-4:10-7:25-10:15 Thu 1:05-4:10-7
Focus on the Family Presents: Irreplacable (PG) Wed 7:30
The Grand Budapest Hotel (14A) Fri-Tue 1:50-4:55-7:35-10
National Theatre Live: War Horse - Encore (STC) Mon 6:30
Neighbors (18A) No Passes Thu 9:50
The Other Woman (STC) Fri-Sat 1:35-4:05-7:05-9:10 Mon 1:25-3:55-6:55-9:55 Tue 1:25-3:55-6:55-7:55-9:55 Wed 3:55-7:20-10:05 Thu 1:35-7:20-10:05 Star & Strollers Screening Wed 1
The Quiet Ones (14A) Fri 9:30 Sat 10:05 Sun-Mon 9:30 Tue 9:40 Wed-Thu 9:30
Rio 2 (G) Fri 12:45 Sat 11:40-2:05-3:25 Sun-Thu 12:45
Transcendence (PG) Fri 3:25-6:45-10:10 Sat 4:30-6:55-10:10 Sun 3:25-6:45 Mon 3:25-7-10:10 Tue 3:25-7-10:15 Wed-Thu 3:25-7-10:10
Robots (G) Sat 11
Trailer Park Boys: Don't Legalize It (14A) Fri 4:35-9:45 Sat 5:05-10:15 Sun-Thu 4:35-9:45
Transcendence (PG) Fri 1:45-6:50 Sat 2:15-7:30 Sun-Thu 1:45-6:50
WWE Extreme Rules - 2014 (STC) Sun 8

10:15 Sat 1:20-5:40-7:45-10:15 Sun-Mon 1:30-4:50-7:35-10:15 Tue 1:30-4:50-7:35-10:15
10:20 Wed-Thu 1:30-4:50-7:35-10:15
Captain America: The Winter Soldier (PG) Fri 1:15-1
Captain America: The Winter Soldier 3D (PG) Fri 4:15-7:15-10:20 Sat 4:15-7:15-8:40 Sun 4:15-7:15-10:20 Mon 4:15-7:20-10:20 Tue 4:15-7:20-9:20 Wed 4:15-7:20-10:20 Thu 4:15-7:20-9:30
Divergent (PG) Fri-Sat 1:05-4:10-7:40-10:30 Sun 1:05-4:10-9:30 Mon-Tue 1:05-4:10-7:40-10:30 Wed 1:05-4:10-7:25-10:15 Thu 1:05-4:10-7
Focus on the Family Presents: Irreplacable (PG) Wed 7:30
The Grand Budapest Hotel (14A) Fri-Tue 1:50-4:55-7:35-10
National Theatre Live: War Horse - Encore (STC) Mon 6:30
Neighbors (18A) No Passes Thu 9:50
The Other Woman (STC) Fri-Sat 1:35-4:05-7:05-9:10 Mon 1:25-3:55-6:55-9:55 Tue 1:25-3:55-6:55-7:55-9:55 Wed 3:55-7:20-10:05 Thu 1:35-7:20-10:05 Star & Strollers Screening Wed 1
The Quiet Ones (14A) Fri 9:30 Sat 10:05 Sun-Mon 9:30 Tue 9:40 Wed-Thu 9:30
Rio 2 (G) Fri 12:45 Sat 11:40-2:05-3:25 Sun-Thu 12:45
Transcendence (PG) Fri 3:25-6:45-10:10 Sat 4:30-6:55-10:10 Sun 3:25-6:45 Mon 3:25-7-10:10 Tue 3:25-7-10:15 Wed-Thu 3:25-7-10:10
Robots (G) Sat 11
Trailer Park Boys: Don't Legalize It (14A) Fri 4:35-9:45 Sat 5:05-10:15 Sun-Thu 4:35-9:45
Transcendence (PG) Fri 1:45-6:50 Sat 2:15-7:30 Sun-Thu 1:45-6:50
WWE Extreme Rules - 2014 (STC) Sun 8



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The catch of the day



LIQUID ASSETS
Peter Rockwell
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While at a friend's wedding in New Brunswick last weekend, I found my roots in a bowl of homemade seafood chowder.

Growing up in Nova Scotia, a recipe of potatoes and just about anything from the ocean was more than a touristy treat in my house, its creation was a family tradition.

There were at least six different versions, from three generations, served at our gatherings. What they all had in common was a creamy consistency, which always caused trouble when it came to a wine match.

I'm in the white camp when it comes to chowder.

No matter the recipe, the outcome is all about subtle flavours. The dark berry weight and forward tannins found in most glasses of red wine doesn't do the marriage (in your mouth) any favours.

Whites like those made from pinot grigio, unoaked chardonnay and sauvignon

blanc work best. Chile's 2012 Santa Rita Reserva Sauvignon Blanc (\$13.95 - \$14.99) is fresh and tropical, with zesty citrus fruit and acidity that makes it a perfect partner with any chowder's cream and fish schtick. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Sometimes, weekend dinners call for something light. Annabel Langbein, who brings good food into today's fast-paced world, shows us an Asian-inspired dish that only takes 10 minutes to prep and five minutes to cook from her cookbook *The Free Range Cook*



Condiment

Chili Lime Salt

- 1 large fresh red chili
- 1/2 cup flaky sea salt
- finely grated zest of 2 limes

Remove seeds from chili and slice flesh into tiny pieces.

Mix with the sea salt and lime zest in a mortar and pestle or food processor and pound or blitz to form a fine crumb.

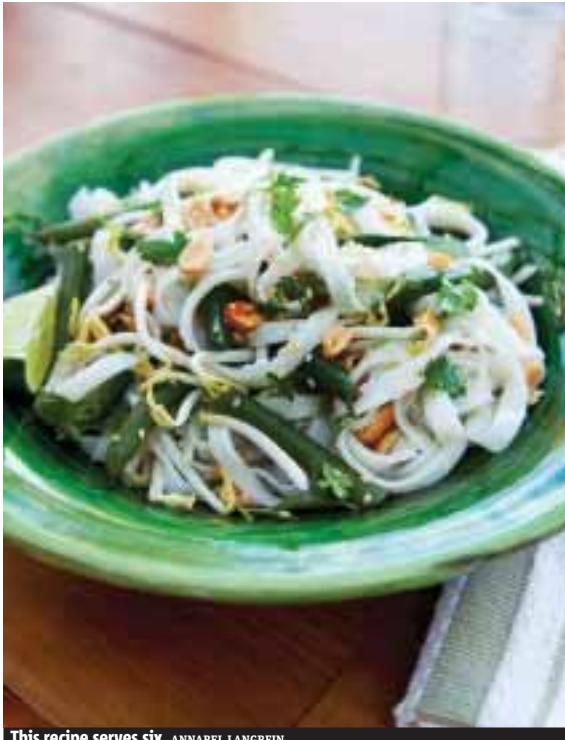
If you want to store the salt for later use, dry it out in the oven at 150 C for 30 minutes.

ANNABEL LANGBEIN,
GUSTOTV.COM



Makes 2 cups. ANNABEL LANGBEIN

Oodles of yum: Green Bean and Peanut Noodle Salad



This recipe serves six. ANNABEL LANGBEIN



THE FREE RANGE COOK
Annabel Langbein
gustotv.com

1. Cut the beans in half and boil them in salted water for 3 minutes. Refresh in cold water to retain their crunch and bright green colour.

2. Drop the rice noodles into a large pot of boiling water. Remove the pot from the heat immediately and allow to stand and cool for 10 minutes or longer. Drain the noodles then rinse in cold water.

3. Put the beans and cooked, drained noodles in a large serving bowl with the roasted peanuts, coriander, sesame seeds and bean sprouts.

4. Make the dressing by pouring sesame oil, grapeseed oil and fish sauce in a jar and shaking. Toss the dressing through the noodles and season to taste with salt and pepper.

5. Serve as a salad at room temperature or toss in a hot pan for 2-3 minutes for a stir fry side dish to serve with meats. Garnish with lime wedges to serve.

WATCH THE ANNABEL LANGBEIN FREE RANGE COOK MONDAY TO THURSDAY AT 5:30 P.M. EST, STARTING APRIL 28 ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINEUP AND MORE GREAT RECIPE IDEAS.

Condiment. Chili Jam

Ingredients

- 1 head garlic, cloves peeled
- 6-8 long red chili peppers, roughly chopped
- 3 thumb-sized pieces (200 g) fresh ginger, peeled and roughly chopped
- 2 double kaffir lime leaves, deveined (optional)
- 2 1/2 cups granulated sugar
- 1/2 cup water
- finely grated zest of 4 limes
- 1/2 cup rice vinegar
- 3 tbsp fish sauce
- 1 tsp soy sauce

Makes 2 cups. ANNABEL LANGBEIN

1. Sterilize a 2-cup screw-top jar and its metal lid.

2. Purée the garlic, chili peppers, ginger and kaffir lime leaves, if using, to coarse paste. Place in a saucepan with the sugar, water, lime zest, rice vinegar, fish sauce and soy sauce.

3. Stir over a medium heat until the sugar dissolves, then boil for about 10 minutes until reduced by a third. It will bubble up like jam.

4. Spoon hot chili jam into the warm sterilized jar until



This recipe makes one cup of Chili Jam. ANNABEL LANGBEIN

it is filled to within 3 mm of top. Seal with screw lid. Once

opened, store Jam in fridge. ANNABEL LANGBEIN, GUSTOTV.COM

Simple DIY for Mother's Day

Style gurus Steven Sabados and Chris Hyndman think all moms deserve to be pampered. They've shared these easy, cost-effective DIY projects to help you celebrate your own mom this Mother's Day. For more ideas, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS



Tulip Bulbs in a Vase

This classic spring flower will brighten up any Mother's Day celebration. Try some simple but dynamic presentations, here and at right.

You'll need:

- Potted tulips
- Flat bottom vase
- Clear glass stones or beads

Instructions:

- Extract tulips from their soil.
- Shake them out and wash soil away in a bowl of water.
- Handle roots carefully to keep them intact. If bulbs are discoloured, peel them back like an onion to reveal new skin.
- Add stones to bottom of vase.
- Delicately place bulbs inside vase, spreading the roots.
- Once you have 2-3 bulbs in place, add a few stones to anchor bulb and roots.
- Keep layering stones until they're almost covering the bulbs.
- Add cold water for a beautiful tulip bulb display.



Bunching Tulips in a Leaf-Wrapped Vase

You'll need:

- Fresh tulips
- Standard tapered glass vase
- Monstera and banana Leaves

Instructions:

- Line inside of vase with the monstera and banana leaves.
- Trim stems of tulips to fit, creating two bunches.

Tip: Cut the ends on a slant and they'll absorb water better.



Tulip Flutes

You'll need:

- Fresh tulips
- Clear tall flute vase

Instructions:

- Measure tulips by placing them next to a tall flute vase.
- Trim accordingly to different heights.
- Add cold water to the vase.
- Strategically place three simple tulips in the flutes. Start with the shortest one and work to highest. Less is more; using three stems is what makes this arrangement sophisticated.

I (Heart) Travel DIY

This art project is a great way to say that your heart belongs to mom. Best of all, it will barely cost you a thing!

You'll need:

- A colourful map
- A shadow box (from an art supply store)
- Scissors
- Cellophane tape

Instructions:

- Find an old map from a place you've travelled to together.
- Cut out a heart shape sized to fit the frame you plan to use.
- Carefully crumple the heart, then un-crumple (for added texture).
- Secure the heart with a piece of tape to the back of the shadow box.



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Ducks, Kings primed for first playoff battle of L.A.

NHL. Rivals separated by 30 miles to square off for the first time in post-season Saturday

Southern California is in hockey heaven.

The Los Angeles Kings and the Anaheim Ducks will meet in the second round of the NHL playoffs this weekend, taking their Freeway Faceoff rivalry into the post-season for the first time.

"People have been waiting a long time for this," said Ducks forward Emerson Etem, who grew up rooting for the Kings in his native Long Beach. "It's huge for the game down here."

And it's huge for the Los Angeles sports scene, which has never experienced a matchup quite like the series that begins in Orange County on Saturday night.

The Lakers and the Clippers have never met in the NBA post-season. The Dodgers and the Angels have

Quoted

"You have to play a team in the playoffs to get a rivalry going. The distance makes it a good rivalry already, but this is going to be even better."

Kings defenceman Matt Greene on growing the hostility with the Ducks

never reached the World Series together. The Rams and the Raiders never faced off in the NFL playoffs when they both called Southern California home nearly two decades ago.

But in their 20th season of head-to-head competition for the hearts of the Southland's hockey fans, the Kings and Ducks are squaring off for a trip to the Western Conference finals.

"We've been waiting for this to happen for a long time, and now it's finally here," Kings centre Jarret Stoll said. **THE ASSOCIATED PRESS**



The Ducks' Tim Jackman collides with Kings goalie Jonathan Quick and defenceman Drew Doughty on Jan. 25 in Los Angeles. **HARRY HOW/GETTY IMAGES**

Wild back in Windy City looking for vengeance

Patrick Sharp thought the Chicago Blackhawks were going to play the Colorado Avalanche. Then he thought they were going to play the Minnesota Wild. Then he thought they were going to play the Avs again, and on and on it went.

While the Wild and Avalanche played an epic Game

7 on Wednesday night, the Blackhawks were hanging on every goal.

"It was crazy. Back and forth. Every time there was a goal scored, I was thinking we were playing that team or the other team, right down to the very end," Sharp said.

The very end had the Wild celebrating after Nino Niederr-

eiter's second goal of the game lifted Minnesota to a 5-4 overtime win at Colorado, setting up a rematch from last year's playoffs. Minnesota lost to Chicago in five games in the first round, and the Blackhawks went on to win their second NHL title in four seasons.

"It is definitely a different team," Blackhawks coach Joel

Quenneville said. "You got to commend them on how they played at the end of the year to get themselves in the playoffs. Had a great run and had a lot of momentum going into that series, and they played a great series."

The Blackhawks will host the Wild in Game 1 on Friday night. **THE ASSOCIATED PRESS**

No quit in them

4

The Minnesota Wild became the first team in NHL history to record four tying goals in Game 7 of a Stanley Cup playoff series, according to STATS.

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Near-collapse gives Raps renewed focus

NBA playoffs. Toronto club loses some sleep escaping with victory in Game 5

Toronto guard Greivis Vasquez had a hard time getting any rest Wednesday night after the Raptors blew a huge lead in a pivotal Game 5 win over Brooklyn.

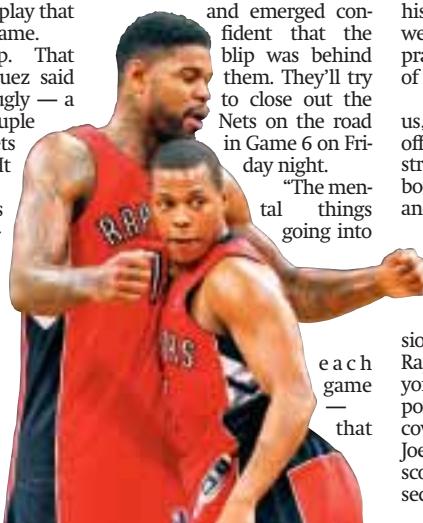
He kept thinking about the mental mistakes, missed assignments and sloppy play that nearly cost them the game.

"I couldn't sleep. That was disgusting," Vasquez said Thursday. "That was ugly — a couple turnovers, a couple fouls, a couple (baskets and fouls) for them. It wasn't us."

Toronto saw its 26-point lead disintegrate as the Nets put up a whopping 44 points in the fourth quarter Wednesday.

Raptors point guard Kyle Lowry, seen here getting a bear hug from teammate Amir Johnson, saved the Raptors with his clutch play in Game 5.

THE ASSOCIATED PRESS



each game — that

night. It took a late basket from Raptors guard Kyle Lowry and four key free throws by DeMar DeRozan to preserve a 115-113 victory.

With the narrow victory, the Raptors moved a win away from locking up a berth in the second round of the NBA playoffs. But the fact they came perilously close to what would have been an epic loss was hard to ignore.

The Raptors held a closed-door practice session Thursday afternoon at Air Canada Centre and emerged confident that the blip was behind them. They'll try to close out the Nets on the road in Game 6 on Friday night.

"The mental things going into

was the lesson today, more so than thinking about closing out," Casey said. "We've got to again continue to improve and not make some of the mistakes we've been making."

Toronto's stars came up big before a raucous home crowd on Wednesday. Lowry had a 36-point night and DeRozan added 23 points and six rebounds.

Casey noted that it was one of DeRozan's strongest games of the series, adding he did a nice job getting out of traps so his teammates could attack the weak side of the floor. He also praised Lowry, who played one of his best games as a Raptor.

"Kyle's play — it carried us," Casey said. "Without his offence, we would have really struggled. But he ignited everybody and got us free-flowing up and down the floor."

Toronto led 62-44 at the half and had a comfortable 91-69 edge after three quarters.

However, on three occasions in the fourth quarter, the Raptors committed fouls beyond the arc to set up rare four-point play situations. Blown coverages also let Brooklyn's Joe Johnson heat up, and he scored 26 of his 30 points in the second half. **THE ASSOCIATED PRESS**

NBA

Owners meet to end Sterling's tenure

The NBA owners' advisory/finance committee has held its first meeting about Donald Sterling and is committed to ending his ownership of the Los Angeles Clippers "as expeditiously as possible."

The 10-member committee held a conference call Thursday to discuss "the process for termination of Donald T. Sterling's ownership of the Los Angeles Clippers," the league says in a statement.

THE ASSOCIATED PRESS

MLB

Gose returns to Toronto fold

The Blue Jays recalled outfielder Anthony Gose and selected the contract of infielder Steve Tolleson from Triple-A Buffalo in an attempt to jumpstart their struggling offence before Thursday night's series finale in Kansas City. **THE ASSOCIATED PRESS**

Whoa Johnny. Opinions mixed on football's Manziel

As he discussed the possibility of quarterback Johnny Manziel being picked by Cleveland in the upcoming draft, Browns linebacker Quentin Groves made a small sign of the cross.

A prayer that he's coming? A plea that he stays away?

Groves' intentions with his gesture weren't clear.

Like just about everything around Johnny Football, there's no definite answer.

The most polarizing player to enter the NFL in a while, Manziel is being closely linked to the Browns, who own the No. 4 overall pick in next week's draft and have been seeking a franchise quarterback for more than a decade.

Cleveland's inability to land a QB either in the draft or via free agency or blind luck may be the single biggest reason the Browns have only made the playoffs once since 1999 and seem to change coaches every year.

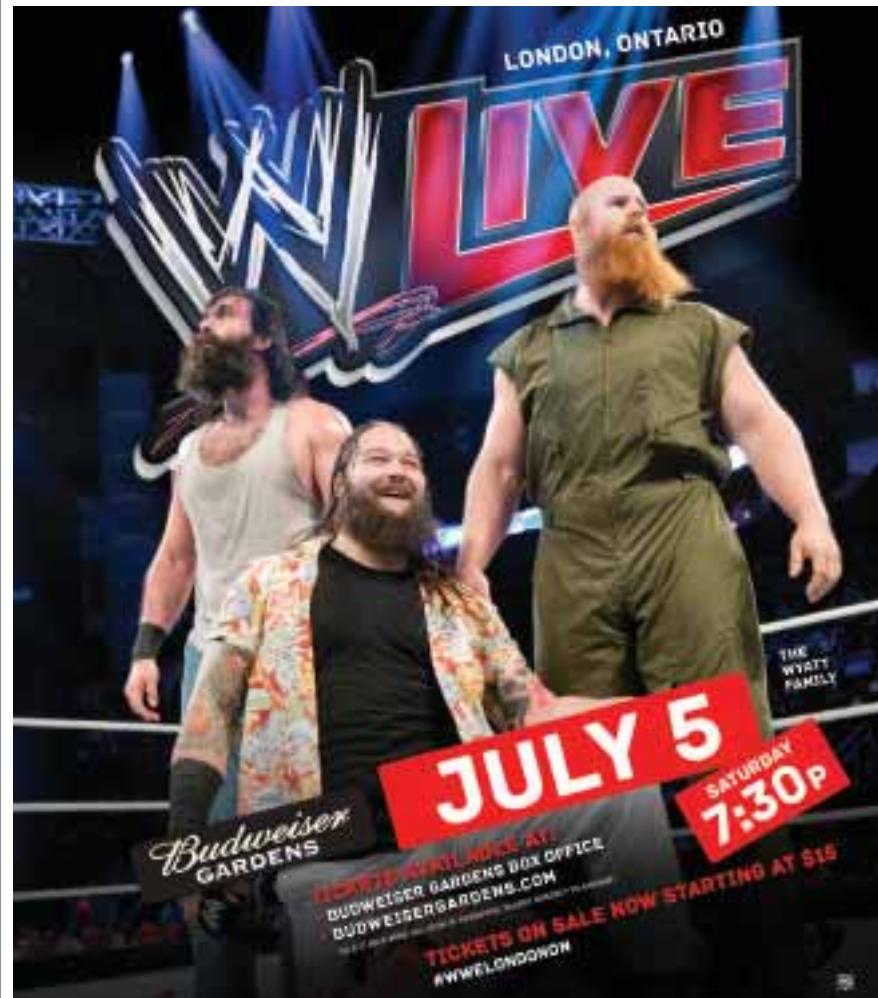
There are those who believe Manziel can save the Browns. Others feel the Texas A&M quarterback's dazzling skills — and size — won't translate to



Johnny Manziel GETTY IMAGES

the pro game.
He's dynamic.
He's too small.
He's a game-changer.
He's self-absorbed.
He's a hard worker.
He's a head case.
He's charismatic.
Everyone has an opinion on Manziel, the 2012 Heisman Trophy winner who has been projected as being picked anywhere from the top 5 to the bottom of the first round.

THE ASSOCIATED PRESS



Kings of pong gather 'round the table in Tokyo

China's Xu Xin plays against Zolt Pete of Serbia during their round-robin match at the world team table tennis championships on Tuesday in Tokyo. Scan the above image with your Metro News app to view a gallery of the best table tennis photos from Thursday. KOJI SASAHARA/THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

There will be many claims on your time and energy today, so be selective in what you agree to do or you may exhaust yourself. You know that it's better to do one job really well than ten jobs poorly.

Taurus

April 21 - May 21

You may be tempted take a break and you have earned that right but the planets urge you to keep going. Make the most of your energy surge while you can — you know how quickly things can change.

Gemini

May 22 - June 21

What you do for others now will come back to you many times over a few weeks hence when the Sun moves in your favour again. You don't have to sacrifice much — just put others' needs first occasionally.

Cancer

June 22 - July 23

It seems you have been taking one friendship for granted and if you let the situation carry on this way you may drift too far apart to ever get back together again. Give them a call.

Leo

July 24 - Aug. 23

Give your physical, mental and emotional batteries a chance to recharge. The good news is you have already made a big impression on someone in a position of power.

Virgo

Aug. 24 - Sept. 23

You may be practical but you are allowed to dream too and one dream is close to coming true. Go all out today and over the weekend to push past any remaining obstructions.

Libra

Sept. 24 - Oct. 23

You may have to wait a few weeks before you get the chance to put your big idea into effect. The more time you give it to percolate through your brain, the more likely it is to be an outstanding success.

Scorpio

Oct. 24 - Nov. 22

Others may be obstructive today but you don't have to make an issue of it. Treat it as an opportunity to show how patient and relaxed you can be.

Sagittarius

Nov. 23 - Dec. 21

You will be annoyed if something holds you back today but later you will thank your lucky stars that you were forced to stay where you are. If fate conspires to keep you from something there is a reason.

Capricorn

Dec. 22 - Jan. 20

Take difficulties in stride and find ways to get something constructive from them. The Sun in Taurus at this time of year has a hugely positive effect on your outlook on life.

Aquarius

Jan. 21 - Feb. 19

The good news is you seem to be handling challenges well and the even better news is it won't be long before you are rewarded. Everything evens out in the end, so believe that the good times will return.

Pisces

Feb. 20 - March 20

You may be tempted to muddle through a problem and hope it all comes right in the end, and maybe it will. But wouldn't it be easier if you called on the help of an expert? Not even a Pisces can do it all. **SALLY BROMPTON**

Today



Saturday



Crossword: Canada Across and Down

Across

1. Actor Jason
6. Move
11. 'Bad'-meaning prefix
14. Sluggish
15. Throw for ___
16. ___ Aduba, "Orange Is the New Black" actress
17. Bellowing
18. Grouches
19. Stubby pencil
20. NFLD: Historic site for Cabot Tower overlooking St. John's: 2 wds.
22. Enthusiasm
23. God: Italian
24. Environmental conditions
26. Jamie Foxx's role in #9-Down
30. Negatives
31. Ripped
32. ___ Shmengle (John Candy "SCTV" character)
35. Beach
39. Movie-makers Joel and Ethan
41. "Wellll...?"
42. Leg bone
43. Actor Will
44. Pourboires
46. Petroleums
47. Cup circle
49. Scarcely
51. General ___ Canada (Defence contractor)
56. "___" (1989) starring 'Weird Al'

Down

Yankovic
57. Mr. Julia
58. Manicure product: 2 wds.
63. Year: Spanish
64. Montreal: Saint Brother ___ (A bit of his heart remains in Saint Joseph's Oratory)
65. Lothario

66. ___ Engr.
67. Bull's 'stabs'
68. Extra
69. Wood sorrel
70. 1936 Berlin Olympics legend Jesse
71. 'Poly' follower
72. Partiality
73. Crucifix inscription
74. Cartography subj.

4. Warren and Wetmore, Winnipeg's Union Station architectural firm, also designed New York's ___ Terminal
5. ___ of Belle Isle
6. Johann Sebastian
7. Municipality in Quebec's Gaspe

Peninsula, Saint-
8. "I'm going to ___ that I can to..."
9. "The Amazing Spider-Man 2" (2014) character, Green ___
10. Retro albums, e.g.
11. Nova Scotia's motto: ___ Haec Et Altera Vincit (One defends and the other
60. "___ my wit's end!"
61. Dry
62. Tiller
64. Past

Yesterday's Crossword



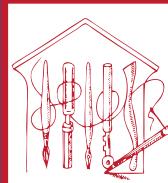
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 |
| 9 | 7 | 8 | 2 | 1 | 3 | 5 | 4 | 6 |
| 5 | 3 | 7 | 6 | 2 | 8 | 1 | 9 | 4 |
| 2 | 8 | 4 | 1 | 3 | 9 | 7 | 8 | 5 |
| 8 | 1 | 9 | 4 | 7 | 5 | 3 | 6 | 2 |
| 3 | 9 | 5 | 7 | 4 | 1 | 6 | 2 | 8 |
| 7 | 8 | 2 | 3 | 9 | 6 | 4 | 5 | 1 |
| 6 | 4 | 1 | 8 | 5 | 2 | 9 | 3 | 7 |

| | | | | |
|---|---|---|---|---|
| 5 | 3 | 9 | | 7 |
| 4 | | 5 | | 1 |
| 6 | 3 | 1 | | 8 |
| | 7 | 5 | 9 | 6 |
| 8 | 5 | | | 2 |
| | 1 | 6 | 2 | 8 |
| | 8 | 2 | 7 | 3 |
| 2 | 5 | | 6 | 7 |
| | 9 | 5 | 2 | 8 |



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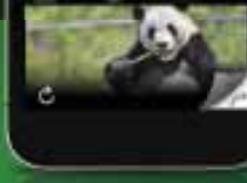
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PRESENTS

London Clean & Green Schedule for May 2014

Greening Our City

MAY SAT
3



Compost Value Day

8am - 2pm While supplies last!
Amway, 375 Exeter Rd.
Masonville Place,
1680 Richmond St.
www.london.ca/compost

MAY SAT
3



Tree Sale

8 - 11:30am
Old East Village Tree Sale
723 Lorne Ave.
www.reforestlondon.ca

MAY SAT
3



Tree Planting

10am - Noon
Heron Haven Park,
204 Skyline Ave.
www.thamesriver.on.ca

MAY SUN
4



Tree Planting

1 - 4pm
450 native trees and shrubs
to plant at Evergreen Park,
60 Evergreen Ave.
www.reforestlondon.ca

MAY THU
8



London Cycle Link AGM

5:30 - 8pm
Upstairs at the Covent Garden
Market. "How to Make Ontario Cities
Bicycle Friendly" with special guests
www.londoncyclelink.ca

MAY SAT
10



Tree Planting

10am - 1pm
500 trees and shrubs to
plant at Rosecliffe Park,
35 Quinella Dr.
www.reforestlondon.ca

MAY WED
14



Tree Sale

3 - 6pm
Westmount Tree Sale,
Saunders Secondary High School,
941 Viscount Rd.
www.reforestlondon.ca

MAY THU
22



The Magical Recycling Mystery Tour Day

Catch it on Video or book a
tour of the recycling centre.
Only 30 spots available.
Must book in advance.
www.London.ca/recyclingtour

MAY SAT
24



Tree Planting

1 - 3:30pm
Assist families planting trees in
celebration or in memory of
loved ones in Celebration Forest,
944 Western Counties Rd.
www.reforestlondon.ca

MAY SAT
24



Buckthorn Busting

10am - Noon
Hastings Park
Friends of Stoney Creek
www.thamesriver.on.ca

MAY SUN
25



TreeCycle

1 - 3pm
Do you have extra trees in
your yard that you'd like to
give to a good home?
944 Western Counties Rd.
www.reforestlondon.ca

MAY SAT
31



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Our Mission

Community Living London is a registered charity dedicated to supporting people with intellectual disabilities and their families to live fulfilled lives.

Our Vision

Valued People. Inclusive Community

About Us

As one of London's biggest and oldest non-profit organizations, Community Living London is dedicated to advocating for and developing services that will enable people with intellectual disabilities to become fully participating and contributing members of our community.

Contact Information

Community Living London
190 Adelaide St. South
London, ON N5Z 3L1
P: 519-686-3000
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